



MANIPAL
UNIVERSITY

Global and Public Health

AYUR 300: Ayurveda and Indian Traditions of Healing

Please refer to the [faculty page](#) for this semester's instructor.

Course Description

Ayurveda is a traditional Indian system of healthcare that has been traced back as early as 5,000 BCE. Through both practical sessions and classroom lectures and discussions, this course will introduce students to the theory and practice of Ayurveda. While Ayurvedic medicine requires years of specialized training, the five theory modules and fourteen practical treatment sessions that make up this course offer an introduction to Ayurveda that is well-rounded, comprehensive and useful for students in their own day-to-day living. The course also offers students a useful perspective for comparing Ayurveda with other systems of medicine and healing.

Learning Objectives

1. To understand the basic principles and concepts of preventative medicine and health maintenance in Ayurveda and thereby be able to contribute to uplifting of personal and public health.
2. To understand diet and nutrition in Ayurveda and therefore judge appropriate diet and nutritional supplements for oneself.
3. To understand the usage of commonly used spices and herbs in management of day to day health issues.
4. To understand an outline of Ayurvedic therapeutic procedures.
5. To discuss and debate regarding Ayurveda and contribute unique thoughts.
6. To incorporate several Ayurvedic treatments in maintaining personal health.

Course Schedule

Ayurveda theory sessions

Each theory session is one hour.

Session 01/22	Introduction to Ayurveda and its Basic Principles: Definition, branches and literature of Ayurveda
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Session 02/22	Introduction to Ayurveda and its Basic Principles: Basic principles of Ayurveda
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Session 03/22 Introduction to Ayurveda and its Basic Principles: Concepts of Prakriti, Agni, and Kosta

Session 04/22 Introduction to Ayurveda and its Basic Principles

In-class discussion regarding material covered in Intro to Ayurveda

Assignments:

In-class Multiple Choice Quiz on Intro to Ayurveda

Session 05/22 Swastha Vritta (Preventive Medicine): Understanding Health and Disease in Ayurveda

Session 06/22 Swastha Vritta (Preventive Medicine): Ayurvedic understanding of lifestyle & concepts of preventative medicine

Session 07/22 Swastha Vritta (Preventive Medicine): Seasonal regimen & social conduct and its effect on health

Session 08/22 Swastha Vritta (Preventive Medicine): In-class discussion regarding material covered in Swastha Vritta

Assignments:

In-class Multiple Choice Quiz on Swastha Vritta

Session 09/22 Ahara – and Pathyaapathya (Dietetics and Nutrition in Ayurveda): Ayurvedic understanding of nutrition and metabolism

Session 10/22 Ahara – and Pathyaapathya (Dietetics and Nutrition in Ayurveda): Classification of Ahara according to Ayurveda

Session 11/22 Ahara – and Pathyaapathya (Dietetics and Nutrition in Ayurveda): Viruddhahara (incompatible diet) & role of diet

Session 12/22 Ahara – and Pathyaapathya (Dietetics and Nutrition in Ayurveda)
In-class discussion regarding material covered in Ahara

Assignments:

In-class Multiple Choice Quiz on Ahara

Session 13/22 Ayurvedic *materia medica* (commonly used substances and their therapeutic properties) and Pharmacology: Intro to basic principles of Ayurvedic pharmacology

Session 14/22 Ayurvedic *materia medica* and pharmacology: Art and science of Ayurvedic Pharmacy

Session 15/22 Ayurvedic *materia medica* and pharmacology: Understanding Ayurvedic Herbs and common formulation

Session 16/22 Ayurvedic *materia medica* and pharmacology

In-class discussion regarding material covered in Ayurvedic *materia medica* and pharmacology

Assignments:

In-class Multiple Choice Quiz on Ayurvedic *materia medica* and pharmacology

Session 17/22 Panchakarma and Other Ayurvedic Speciality Treatments:

Method and classification of treatments in Ayurveda

Session 18/22 Panchakarma and Other Ayurvedic Speciality Treatments:

Introduction and importance of Panchakaram/Detoxification

Session 19/22 Panchakarma and Other Ayurvedic Speciality Treatments:

Science and art of rejuvenation (Rasayana and Vajikarana)

Session 20/22 Panchakarma and Other Ayurvedic Speciality Treatments

In-class discussion regarding material covered in Panchakarma and other Ayurvedic specialty treatments

Assignments:

In-class Multiple Choice Quiz on Panchakarma and other Ayurvedic specialty treatments

Session 21/22 Student Presentations

Students will give 15 minute presentations based on the details given in the Evaluation section of this syllabus.

Session 22/22 Student Presentations

Students will give 15 minute presentations based on the details given in the Evaluation section of this syllabus.

Ayurveda treatment practical sessions

Each practical session is 1.5 hours and includes a demonstration of a particular Ayurvedic treatment in the Kasturba Hospital Ayurveda department. Demonstration is occasionally conducted on student volunteers and students wishing to volunteer should plan accordingly by wearing comfortable, easy to remove clothing and reserving time after the session for showering and changing clothes.

Session 01/14 Abhyangam

Session 02/14 Shiroabhyanga

Session 03/14 Shiropichu

Session 04/14 Shirodhara

Session 05/14 Shiro Basti

Session 06/14 Udwarthana

Session 07/14 Kayaseka / Parisheka

Session 08/14 **Upanahasweda**

Session 09/14 **Pinda Sweda**

Session 10/14 **Mashapinda Sweda**

Session 11/14 **Kati Basti**

Session 12/14 **Mukhalepa**

Session 13/14 **Diet & Nutrition Counseling in Ayurveda**

Session 14/14 **Ayurvedic Cooking I**

Ayurveda field visit

There will be at least one Ayurveda field visit conducted during the semester. Students in the past have visited Ayurvedic gardens.

Course Materials

All of the following materials will be referenced throughout the course and faculty will assign specific books or sections in class. All books can be found in the Kasturba Medical College (KMC) library.

Acharya, Srinivas. (2006). *Panchakarma Illustrated*. Delhi, India: Chaukhamba Sanskrit Pratishtana.

Bhagavan Dash, Vaidya, and Acarya Manfred M. Junius. (1987). *A Handbook of Ayurveda*. New Delhi, India: Concept Publishing Co.

Athavale, V.B.. (2005). *Basic Principles of Ayurveda*. New Delhi, India: Chaukhamba Sanskrit Pratishtan (Oriental Publishers & Distributors).

Anonymous. (2003) *The Ayurvedic formulary of India, Part I*. New Delhi, India: Government of India, Ministry of health and family welfare, Department of Indian system of medicine and Homeopathy.

Anonymous. (2003) *The Ayurvedic pharmacopoeia of India, Part I*. New Delhi, India: Government of India, Ministry of health and family welfare, Department of Indian system of medicine and Homeopathy.

Hiremath, Shobha G. (2008). *A text book of Bhaishajya kalpana*. Bangalore, India: IBH Prakashana.

Classical Ayurvedic Literatures:

Bhishagratna, Kaviraj Kunjalal, ed., translator. (2002). *Sushruta Samhita Volumes I and II*. Varanasi, India: Chowkhamba Sanskrit Series.

Srikrishnamurthy, K.R. Srikantha, translator. (2001). *Sharangadhara Samhita: A treatise on Ayurveda*. Varanasi, India: Chaukhamba Orientalia.

Sharma, Priyavrit V., ed., translator. (1981-1994). *Charaka Samhita, Vols. 1 - 4*, Chaukhamba Sanskrit Series, Varanasi, India: Varanasi, India: Chowkhamba Sanskrit Series.

Sharma, Ram Karan and Bhagawan Dash, Vaidya, eds., translators (1992 – 2000). *Charaka Samhita Vols. 1 – 6*. Varanasi, India. Chaukhamba Sanskrit Series.

Srikrishnamurthy, K.R. Srikantha, translator. (1991-1992). *Vagbhata, Astanga Hridayam Vols. 1 and 2*. Varanasi, India: Krishnadas Academy.

Supplemental Course Materials:

Frawley, David. (2000). *Ayurveda and the mind: the healing of consciousness*. New Delhi, India: Motilal Banarsidass.

Frawley, David. (1989). *Ayurvedic Healing*. Salt Lake City: Morson Publishing. .

Lad, Vasant. (1984). *Ayurveda: the Science of Self-healing*. Santa Fe: Lotus Press.

Svoboda, Robert E. (1989). *Your Ayurvedic Constitution*. Albuquerque: Geocom.

Palep, H.S. (2004). *Scientific Foundation of Ayurveda*. New Delhi, India: Chaukhamba Sanskrit Pratishthan.

Athavale, V.B.. (2003). *Ayurveda: The science of living: health and vigour forever*. New Delhi, India: Chaukhamba Sanskrit Pratishthan.

Chopra, Deepak. (2002). *Perfect Health: The complete mind/body guide*. New York, NY. Three Rivers Press.

Evaluation

Assignments	30%
Presentations	20%
5 MCQ tests	50%

Assessment Criteria

Assignment

- Students will be given one topic to cover entire Ayurveda Program
- Each assignment should be not less than 3000 words count excluding charts, diagrams and photos, using Times New Roman (12 font), single spaced
- Assignment should have introduction, explanation of the topic, charts, figures, photos, statistics, and references.
- Vancouver (numerical) citation is required. For more information on this style, please see the University of Western Australia's online Vancouver style guide linked [here](#).

- The date of submission of the assignments will be informed to all the students during the orientation class. Both hard copy and soft copy should be submitted for evaluation.
- Assignment will be assessed for 30 marks as per the following criteria
 - 15 marks for content, idea, presentation in specified word count
 - 10 marks for charts, diagrams, photos, facts and figures
 - 5 marks for references

Presentations

- The presentation topic will be given at the time of orientation
- The dates for the presentation will likewise be announced during the orientation class
- Each student will get 15 minutes for their presentation
- Presentation must be in Power point format
- A soft copy of the presentation must be submitted to the department
- The presentation will be assessed for 20 marks by 2 separate faculty members and an average will be considered as the marks of the student
- Marking criteria
 - 5 marks for concept
 - 5 marks for communication
 - 5 marks for content and design
 - 5 marks for completion within time limit

Multiple Choice Quizzes

- At the end of each module there will be a 10 question quiz related to the previously taught module for 10 marks
- There will be no negative markings for wrong answers
- Students will be expected to circle the most correct answer with a ball point pen. The answer with multiple markings for one question will not be considered.
- Total marks for MQCs is 50 for 5 modules
- There will be 15 minutes allotted for each quiz
- MCQ will be graded and immediately handed over to the student during that session itself

Grading

Alliance programs utilize the follow standard grading policy well accepted by most US institutions.

Excellent	A	93-100%	Good	B+	87-89%	Acceptable	C+	77-79%
	A-	90-92%		B	83-86%		C	73-76%
				B-	80-82%		C-	70-72%
						Unsatisfactory	D+	67-69%
							D	63-66%
							D-	60-62%
						Failing	F	<60%

Course Policies

Exams and Assignments

Students are required to take all regularly scheduled exams in courses for which they are registered, and to submit all assignments on time. Any compelling academic, personal, or medical reason that might justify a rescheduled exam or assignment must be brought up to both the Resident Director and course faculty. Failure to take scheduled exams or submit the requisite assignments for a course will adversely affect your grade as per the stated grading criteria for each course.

Classroom Conduct

Student punctuality is extremely important in India. Please do not be late for classes or other activities, as it is considered impolite to do so. It is improper to eat in class, to engage in other activities such as texting, or to slump or nap. Students are expected to be alert and engaged as a sign of respect for their professors.

Attendance

A student is allowed 2 excused absences. An excused absence is an absence related to a medical or other emergency about which the student has communicated to the Resident Director and concerned faculty prior to class.

Any additional absence or ANY unexcused absence results in a two point loss to the overall attendance score. Please note attendance requirements through your program as well.